



Thank you for volunteering to host a Strawberries & Salad Greens event this year!

You will engage with students in the school cafeteria just after they get their lunches. Their lunch will feature fresh, locally-grown strawberries and salad greens as part of the meal. Here is some information to help you make this a truly meaningful day for the students. Just remember, the kids will be excited to see you and your table, but typically they only have 30 minutes to eat lunch. So keep it simple and quick, then engage students more if they're interested!

- What is that red fruit on your tray? *Strawberries!*
- Do you know where those strawberries came from? They actually grew on a farm nearby! When foods like fruit and vegetables are grown on a nearby farm, we call them "locally-grown."
- Strawberries grow on plants whose stems and leaves like to spread out across the soil around them.
- Plants start out small and grow from tiny seeds. They grow bigger and make fruit like strawberries or vegetables like lettuce.
- Did you know strawberries are one of the few fruits whose seeds are on the outside? Can you see them on the strawberries on your tray?
- Plants only grow and produce fruit at certain times of the year depending on the weather. Can you find on this seasonality chart when strawberries and greens like lettuce and spinach are in season around us?
- Do you know anyone who grows fruits and vegetables in their back yards or at a community garden? What fruits and vegetables do they grow?
- Did you know where you can buy fruits and vegetables that are locally grown around here? *Farmer's Markets!* Farmer's Markets also sell eggs, dairy, meats, bread, flowers and so much more.